

## **ABSTRACT OF THE DISCLOSURE**

A chair mounted lumbar and trapezius support system that offers the support for an individual required to work leaning forward in an office style chair for a prolonged period of time. The device reduces the strain on the back by supporting the individual in the abdominal area of body. Adjustable elbow rests mount to the support belt structure to support the elbows and allow maximum movement of the arms while remaining in a fixed position with relation to the torso when a individual is leaning forward or twists to one side or the other doing delicate work. The support belt structure is either permanently or removably attachable to an office chair using fasteners, belts or a flexible support.